

Statistics Report 35206, Plums, wild (Northern Plains Indians)

Report Date: July 16, 2017 05:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	76.68	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	381	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein 1	g	0.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) 1	g	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash 1	g	0.77	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	21.95	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary 1	g	6.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sugars, total 1	g	10.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Sucrose 1	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) 1	g	5.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fructose 1	g	5.47	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca 1	mg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe 1	mg	0.17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1	mg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1	mg	30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Potassium, K 1	mg	364	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1	mg	0.09	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu 1	mg	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn 1	mg	0.076	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	10.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin 1	mg	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin 1	mg	0.042	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin 1	mg	0.367	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Pantothenic acid 1	mg	0.301	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Vitamin B-6 1	mg	0.093	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, total 1 a	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total 1	mg	5.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine 1	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	173	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta 1	µg	1930	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, alpha 1	µg	140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta 1	µg	157	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	3464	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin 1	µg	920	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) 1	mg	0.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, beta 1	mg	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma 1	mg	0.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, delta 1	mg	0.05	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) 1	µg	11.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

Footnotes
^a Includes only 5-methyltetrahydrofolate.